

MINDFULNESS AND YOGA FOR TEACHERS



**Organisation ID:
E10384986**

 europexchangecentre

 EuropeXchange

 Torrox Costa, Malaga, Spain



www.europex-change.com



COURSE OVERVIEW

This course introduces teachers and education professionals to mindfulness and yoga as powerful tools for enhancing concentration, emotional balance, and overall well-being. Held in the peaceful coastal surroundings of Nerja – Torrox Costa, Spain, the programme provides the perfect environment for relaxation, reflection, and inner focus. Participants will explore how mindfulness and yoga can reduce stress, increase self-awareness, and promote a positive classroom atmosphere. Through guided practice, breathing exercises, and reflection, educators will learn to integrate these techniques into both personal routines and teaching practices.

COURSE OBJECTIVES

By the end of this course, participants will be able to:

- To understand the principles and benefits of mindfulness and yoga in education.
- To learn practical techniques for relaxation, focus, and emotional regulation.
- To develop daily routines that support well-being and stress management.
- To explore ways to introduce mindfulness practices in the classroom.
- To experience the restorative power of nature through yoga and meditation



LEARNING OUTCOMES

After completing this course, participants will be able to:

- Participants will understand how mindfulness and yoga contribute to physical and mental well-being.
- They will be able to apply short, practical techniques for relaxation and focus.
- They will integrate mindfulness activities into their teaching and classroom management.
- They will cultivate a balanced mindset, improving emotional resilience.
- They will experience increased energy and calmness through daily practice in a natural setting.

DURATION:

5 Days

LANGUAGE:

English or Spanish

SCHEDULE:

Monday to Friday

09:30 – 14:30
5 hours per day

OTHER SERVICES

- Beach front accommodation
- Airport transfers
- Local transport
- One day trips
- Documentation support
- Additional project assistance

CERTIFICATES

A certificate of attendance will be issued to all the participants at the end of the course.

TRAINING ACTION

Day 1

Introduction to Mindfulness and Yoga Philosophy

- Understanding the origins and principles of mindfulness and yoga.
- The connection between body, mind, and breath.
- The science of mindfulness: awareness and presence in education.
- Gentle yoga and breathing exercises to start the week.

Day 2

Cultivating Awareness and Emotional Balance

- Mindful attention and self-reflection techniques.
- Managing stress and emotional overload.
- Guided meditation for relaxation and focus.
- Evening yoga session by the beach.

Day 3

E Yoga and Movement for Educators

- Simple postures for releasing tension and improving posture.
- Desk and classroom-friendly yoga practices.
- Breathing techniques for energy and clarity.
- Outdoor yoga session on the beach at sunset.

Day 4

Mindfulness in the Classroom

- Promoting presence, calm, and empathy among students.
- Practical classroom activities based on mindfulness.
- Group discussion: challenges and benefits of mindful teaching.
- Relaxation and breathing session to close the day.

Day 5

Integrating Mindfulness into Everyday Life

- Developing a sustainable personal practice.
- Creating an individual and school-based mindfulness plan.
- Reflection on personal and professional growth.
- Certification ceremony and closing meditation by the sea.

*Please note that program content may be subject to change based on input from our trainers.



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Get in touch



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